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SCREENING FOR DEPRESSION IN ELDERLY URBAN POPULATION

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Introduction: žDepression is a treatable medical condition and one of the most frequent causes of emotional distress in older adults žUntreated depression can delay recovery or worsen the outcome of other medical illnesses via increased morbidity or mortality žDepression is NOT a part of normal aging.
Objectives: žTo determine the prevalence of depression among the elderly population žTo identify the risk factors with respect to depression in elderly.
Material and methods: žStudy design: Cross sectional study žStudy setting: Community based žSample size: 216 žStudy area: Southern part of urban Pune city žInclusion criteria: Age more than 60 yrs of age žStudy tool: Predesigned Questionnaire including WHO 5 Well being index and Mastering depression in Primary care version 2.2 was administered.
Results: The prevalence of ndepression was 21.2% in the geriatric population. Widowed stae, financial dependancy,living in nuclear family and medical illnesses were the major stressors.
Conclusion: The present study found that widowed state,retirement,medical illness and residing in a nuclear family system are strong predictors of depression in the elderly.
Recommendation: žSocial support programs for the elderly must be developed to ensure their well-being. Awareness about risk factors would help in designing appropriate strategies for prevention of depressive disorders in geriatric population.

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